

In releasing the ball, the bowler first removes the thumb 94 and with the thumb out of the ball and the ball supported on one or more middle fingers, the bowler releases the ball and at release, applies lift to the ball or lifts the ball using the finger pads 16 to control the ball at release, as is well known to those skilled in the art by the term "finger tip control." The finger pad shield 14, in contact with the bowler's finger pad 16, receives the bowler's finger pad over a contact area 17, formed between the finger pad 16 and the surface of the finger pad shield 14. In the act of bowling and at release when the bowler is using finger tip control to lift the ball 90, the bowler applies maximum force 101 to the ball through the bowler's finger pad 16 and the aforesaid contact area 17, to the finger pad shield 14 and to the bowling ball 90, at the bowling ball finger holes 93. In applying the bowler's maximum force 101 to the ball 90, a counter force 103 is produced from the ball 90, as would be known to one skilled in the art. The counter force 103 is received by the finger pad shield 14, from the ball 90 and the part of the finger hole 93 in contact with the finger pad shield. The finger pad shield 14 is substantially rigid to resist deformation under the forces 101, 103, and is adapted to spread the force from the bowling ball 90 over the contact area 17, and as would be known to those skilled in the art, by spreading the force 103, thereby reducing the pressure produced from that aforesaid force, over that contact area 15.

End of New Paragraph

In the Claims, Add new claims as follows.

Claim 31 (New) A method of using a finger pad shield forming a contact area with the finger pad of a bowler's finger, to spread the force from the release of and application of lift to, the ball, and reduce the pressure on the contact area, comprising the steps of:

- a. releasing said bowling ball by applying a force to said bowling ball from a contact area formed between a finger pad of at least one middle finger and a finger pad shield;
- b. said step a, includes the step of applying said force to lift said bowling ball;
- c. said step b, includes the step of receiving a force from said bowling ball on said finger pad shield;
- d. said step c, includes the step of distributing said force from said bowling ball, over said contact area for reducing pressure over said contact area.

Claim 31. (New) The method of claim 31, wherein, said step d, of distributing said force, includes the step of reducing said pressure substantially within said contact area.

Claim 32. (New) The method of claim 30, wherein, said step b, of releasing said bowling ball, includes the step of includes the step of applying a maximum natural force from said finger pad and through said contact area to said finger pad shield.